



Postpartum Depression Resources

Reading list and Websites

24 Hour Crises Line (408) 279-3312

Postpartum Support International (805) 967-7637 www.postpartum.net

Postpartum Support line (888) 773-7090

PPD Support Online www.ppdsupportpage.com

Health and Human Services www.mchb.hrsa.gov/pregnancyandbeyond/depression

Support for Dads www.postpartumdads.org

The National Women's Health Information Center <http://www.womenshealth.gov/faq/depression-pregnancy.cfm>

Massachusetts General Hospital www.womensmentalhealth.com

The March of Dimes http://www.marchofdimes.com/pnhec/188_15755.asp

Depression After Delivery, Inc. www.depressionafterdelivery.com/Home.asp

Maternal Child Health Bureau Hotline: (800) 311-2229; www.mchlibrary.info/KnowledgePaths/kp_postpartum.html

American Academy of Family Physicians <http://familydoctor.org/379.xml>

Beyond the Blues, A Guide to Understanding and Treating Prenatal and Postpartum Depression by S. Bennett and P. Indman, 2003 www.beyondtheblues.com (408) 255-1730

Conquering Postpartum Depression by Rosenberg, et al., 2003

This Isn't What I Expected by K. Kleiman and V. Raskin, 1994

The Postpartum Husband by K. Kleiman, 2000

Postpartum Depression for Dummies

Support Groups and Therapists

<http://supportingmamas.org> - drop-in support group takes place at Family Tree Wellness in downtown Los Gatos every Thursday from 10 to 11:30am. Babies up to 8m are welcome to attend. The group also meets the first Wednesday of the month at Tiny Tots 138 Railway Ave, Campbell. Call 408-475-4408 for more information.

Maxine Becker MFT in Cupertino (408) 609- 5197 <http://www.mfbcounseling.com>

Dolat Bolandi MFT (408) 264-0100 in Los Gatos www.dolatbolandi.com

Jessica Sorci MFT (408) 264-0100

in Willow Glen http://jessicasorci.com/Support_Groups.html Drop-in support group http://jessicasorci.com/Support_Groups.html

Postpartum depression support group meets on a drop in basis every Thursday from 1-3 pm at: Tiny Tots 138 Railway Avenue in Campbell.

Almaden Valley Athletic Club, 5400 Camden Avenue, San Jose 95124

Tiffany Benton (408) 264-5382 or tiff_benton@yahoo.com www.avac.us/NewMother

Postpartum Support International Helpline (800) 944-4773 www.postpartum.net or (805) 967-7636

Postpartum Warmline (888) 773-7090

Support for Dads www.postpartumdads.org

Charlene Canger, LCSW (408) 241-8140

Dana Helman, LMFT (669) 244-9955 or Edva Biner Levy (408) 256-3382

Sharon Storton, MA, LMFT (408) 370-7311

Susan Watkins, LCSW (408) 410-0481

Donald Goldstein, MD (650) 961-8923

Caroline Krebari, MD (650) 464-9808